



## EMMA'S STORY

Emma's experience with preeclampsia and preterm births was tough. In both of her pregnancies, she was diagnosed with preeclampsia, a serious pregnancy complication that affects blood pressure and can cause damage to organs. Her first baby, Zoe, was born prematurely at 27 weeks. Emma hoped that things would be different during her second pregnancy, but unfortunately, she was diagnosed with preeclampsia again and also developed HELLP syndrome (which is a serious complication of preeclampsia that can happen during pregnancy or shortly after delivery. HELLP syndrome affects the liver, blood, and platelets. As a result, her second baby, Ava, was also born prematurely at 33 weeks. But Emma's struggles did not end there. After her pregnancies, she found out that having preeclampsia and giving birth prematurely put her at risk of developing heart problems later in life. This news was a wake-up call for Emma, and she knew she had to take action to reduce her risk. Emma's advice for other women who have had preeclampsia or given birth prematurely is simple but powerful. She encourages them to get regular check-ups, no matter how small their concerns may seem. It's essential to talk to your doctor about your health history and any symptoms you experience. Emma also advises making small, healthy lifestyle changes like eating a balanced diet, getting regular exercise, and managing stress. Through her own experience, Emma wants to help other women who may be going through the same challenges she faced. By sharing her story and advice, she hopes to inspire other women to take charge of their health and reduce their risk of developing heart problems.